

## GOOD MORNING

Please help your self to our Buffet and a member of our team will take your order for Tea or Coffee

### Cold Buffet

Flahavan's Porridge 1o | 1b | 1w  
*served with honey or maple syrup*

Selection of Cereals, Muesli, Nuts, Berries 1w | 1b | 7 | 8a | 8h | 11  
*fresh milk is on your table, we have skimmed, soya or almond milk on the Buffet*

Selection of Local Munster Cheeses and Limerick Ham 7

Fresh Fruit Salad

Yogurts 7  
*plain or fruit yogurt*

Juices  
*orange, apple and cranberry juice*

### Chef Eimear Flynn's In House Bakery

Mini Savoury Scones of the day, Banana Bread, Butter Milk Soda Bread and Brown Soda Bread 1o | 1w | 3 | 7 | 8w | 11

Brown and White toasted Bread 1w | 6 | 7  
*served to your table with freshly brewed Tea or ground bean Coffee  
we also have a selection of Herbal Teas*

### Gluten Free

We also serve Gluten Free Cereals, Porridge, Bread, Sausages 7 | 8a | 8h | 11

### Hot Buffet

Irish Pork Sausages and Rashers 1w | 12  
*Tim Jones Family Butcher, Killarney*

Black and White Pudding 1w | 1o  
*Loughnane's Family Butchers, Galway*

Fried or Scrambled Eggs 3 | 7

Hashbrowns, Baked Beans 12, Grilled Tomatoes

Pancakes with Various Toppings 1w | 3 | 7 | 12

Tasty Potato Farl 1w | 7  
*from the world-famous Irwin's Bakery in Armagh,  
fried to order in lashings of Kerrygold butter*

### Vegan Breakfast

Hash Brown Potato

Tomato

Tenderstem Broccoli

Chickpeas Provençale 12

Mushrooms

Beans 12

Sausage 1w | 1b | 6 | 12

### Allergens:

Barley: 1b, Oats: 1o, Wheat: 1w | Crustaceans: 2 | Eggs: 3 | Fish: 4 | Peanuts: 5  
Soy Beans: 6 | Milk: 7 | Almonds: 8a, Hazelnuts: 8h, Walnuts: 8w | Pecans: 8pe  
Celery: 9 Mustard: 10 | Sesame Seeds: 11 | Sulphites: 12 | Lupin: 13 | Mollusks: 14